



Set low prices on select items.



ALWAYS
\$10

BUTCHER'S CHOICE® SAUSAGE
selected varieties
1.2 kg
21563792 SA



ALWAYS
\$10

BREADED CHICKEN, MEATBALLS, LEAN GROUND BEEF or HOR D'OEUVRES
selected varieties, frozen
1-1.81 kg
21373092 SA



ALWAYS
\$10

SURAJ® BASMATI RICE
3.63 kg
20838921 SA

DEALS DEALS DEALS FOR DAYS EVENT

NOFRILLS

FLYER PRICES EFFECTIVE THURSDAY, OCTOBER 24 TO WEDNESDAY, OCTOBER 30, 2024.

ONLY 1.99 LB

WHOLE PORK PICNIC
fresh, 4.39/kg
2116181R EA
WHILE QUANTITIES LAST

CLUB SIZE

ONLY 5.99 LB

CHICKEN BREAST
boneless, skinless
13.21/kg
2020843D KG
WHILE QUANTITIES LAST

SAVE UP TO 40%

8.99

SWISS CHALET PORK BACK RIBS
fully cooked, selected varieties
600 g
2102221 EA

4.85

5 LB BAG

FARMER'S MARKET™ ROYAL GALA APPLES
product of Western Provinces, Canada fancy grade,
2119527/201 EA

GROWN IN THE WESTERN PROVINCES
British Columbia
Alberta • Saskatchewan
Manitoba

SAVE 22%

.77

CAMPBELL'S CREAM OF MUSHROOM, TOMATO, CHICKEN NOODLE or VEGETABLE SOUP
284 mL
2017621/2004 EA

SAVE UP TO 47%

2.79

POST CEREAL
selected varieties
330-533 g
2021948 EA/21427214 EA

SAVE UP TO 36%

6.99

LOU'S KITCHEN or LITTLE JUAN'S ENTRÉES
fully cooked, selected varieties
375-400 g
2007907 EA

SAVE 30%

1.94

CHRISTIE CRACKERS
175-286 g or
CHRISTIE CRISPERS 1.45 g
selected varieties
2102067 EA/21167034 EA

SAVE UP TO 40%

2.99

PC FROZEN VEGETABLES
selected varieties
200-750 g
21181245 EA/20218913 EA

SAVE 30%

3.47

RISTORANTE or CASA DI MAMA PIZZA
selected varieties, frozen
320-410 g
20294100001 EA/2029424001 EA

SAVE 37%

1.25

OASIS JUICE, DEL MONTE NECTAR or ARIZONA ICED TEA
selected varieties
960 mL
2023672003 EA
20294117004 EA

SAVE UP TO 49%

\$1

NO NAME™ EVAPORATED MILK
selected varieties
354 mL
2108016 EA/2108040 EA

110 LOADS

100 LOADS

SAVE UP TO 50%

8.99

SUNLIGHT 4.1L or PUREX 4.58-4.43 L LIQUID DETERGENT, FLEECY FABRIC SOFTENER, 3.5 L or DRYER SHEETS
200% selected varieties
20002220001 EA/21427040 EA

SAVE 35%

10.88

DIAMOND G CALROSE RICE
6.8 kg
2021847 EA

Deals from the past on select items. †

THROW BACK PRICES

SAVE 44%

4.44

ARMSTRONG or PC SHREDDED CHEESE
250-320 g or
ARMSTRONG CHEESE 400 g
selected varieties
21284340 EA/21340749 EA

FLYER PRICES EFFECTIVE IN WESTERN CANADA OR NORTHERN ONTARIO STORES ONLY, INCLUDING GERALDTON, DRYDEN, KENORA & THUNDER BAY.

[nofrills.ca](https://www.nofrills.ca)

01 NFW



2.99
LB

RED or GREEN SEEDLESS GRAPES
product of U.S.A., no. 1 grade
6.59/kg
2042373001_KG/20129199001_KG

DEALS DEALS DEALS FOR DAYS EVENT



5 LB BAG

BARTLETT PEARS product of U.S.A.,
extra fancy grade or **FARMER'S MARKET™**
NAVEL ORANGES product of South Africa
2102382001_SA/20653463001_SA

5.99



SWEET POTATOES
product of Canada
3.28/kg
20127708001_KG

GROWN IN CANADA 🍁

1.49
LB



PKG OF 5 OR 6

AVOCADO BAG
product of Mexico
20142232001_SA

4.99



**If your produce isn't fresh,
we'll replace AND refund it.***



2.99
LB

BROCCOLI CROWNS
product of Canada or U.S.A.
6.59/kg
20038143001_KG



6 OZ CLAMSHELL

3.99

RASPBERRIES
product of U.S.A. or Mexico,
no. 1 grade or
BLUEBERRIES
product of Peru or Chile,
no. 1 grade
20051012001_SA/20129199001_SA/
20130440001_SA



WHOLE PINEAPPLE
product of Costa Rica
20140992001_SA

3.99



3.99

454 G

**PC ORGANICS
WHOLE CREMINI or
WHITE MUSHROOMS**
product of Western Provinces
2121932001_SA/21219490001_SA



4.99

**MINI SEEDLESS
WATERMELON**
product of U.S.A. or Mexico
each
201423270001_SA



6.99

3 LB BAG

**FARMER'S
MARKET™
MANDARINS**
product of South Africa or Chile
20849613001_SA



1.49

RED MANGOES
product of Brazil
2000000001_SA



2.49
LB

**TOMATOES
ON THE VINE**
product of Western Provinces
3.49/kg
2000000001_KG



2.99

CELERY
product of Western Provinces,
Canada no. 1 grade
each
2000000001_SA



2 LB CLAMSHELL

681 G

5.99

**FARMER'S MARKET™
GRAPE TOMATOES -
PC VARIETY
TOMATOES**
product of Western Provinces
2000000001_SA



5.99

10 LB BAG

**FARMER'S
MARKET™
RED ONIONS**
product of Western Provinces,
Canada no. 1 grade
2017990001_SA



4.99

PKG OF 4

**FARMER'S
MARKET™
SWEET PEPPERS**
product of Canada and Mexico
2017990001_SA



5.99

3 LB BAG

**FARMER'S MARKET™
LEMONS**
product of South Africa
2078001001_SA



5.99

PKG OF 15

**FARMER'S MARKET™
MINI CUCUMBERS**
product of Western Provinces
2000000001_SA

*Fresh Guarantee: Applicable to eligible fresh produce items purchased at No Frills store locations or online at nofrills.ca. If you are not completely satisfied with your eligible fresh produce item, we will replace it with an identical item, or in our discretion, a comparable item and provide you with a refund of the purchase price upon presentation of the item and your original receipt within 7 days of purchase at the No Frills store where purchase originated. The guarantee does not apply to produce items with a stated "best before" date (e.g. bagged salad kit, packaged bean sprouts) and may not be combined with any other offer. We reserve the right to cancel or change the terms of this guarantee at any time without notice.



DEALS DEALS DEALS FOR DAYS EVENT

\$13

MAPLE LEAF PRIME CHICKEN THIGHS, FILLETS or CUTLETS
boneless, skinless
up to 843 g
20448017, EA



5.99
LB

LEAN GROUND BEEF AND PORK
fresh
13.21/kg
20865962, KG



\$6

SEAQUEST® FROZEN FISH FILLETS
selected varieties
400 g
20036614, EA/21314740, EA



5.99

SCHNEIDERS BACON, JUICY JUMBOS or SMOKED SAUSAGES
selected varieties
375-450 g
20105611, EA



7.49

MARCANGELO BEEF SAUSAGE
375 g, hot
21348464, EA



13.99

PC® WORLD OF FLAVOURS PORK ROASTS
selected varieties
730/900 g
21402334, EA



3.69

MINI BABYBEL 100-120 g or THE LAUGHING COW CHEESE 120-140 g
selected varieties
20191107, EA/20574322, EA



4.29

PILLER'S SLICED DELI MEAT
selected varieties
150/200 g
21306382, EA/21306929, EA



8.99

SEAQUEST® TILAPIA 1.36 kg or WHOLE POMPANO 800 g
frozen
21091947, EA/21092004, EA



2.99

D'ITALIANO BREAD 600/675 g or BUNS 4/8's
selected varieties
2022222, EA/2022222, EA



3.29

YACHON SNACK CAKES
selected varieties
232-236 g
2060078, EA



\$5

OLIVIERI FRESH FILLED TWIN PACK PASTA 450-500 g, SKILLET GNOCCHI 380/200 g or FRESH SAUCE 300 mL
selected varieties
20212112, EA/2020962, EA



\$5

ACE ROLLS
selected varieties
440-840 g
2130624, EA

BETTER AS A MEMBER

* Scan your PC Optimum™ app or swipe your card to get PC Optimum™ Members pricing or points. See back page for details.

Earn*
3,000 pts

when you spend \$12* on any Saputo cheese in the deli department

2027261, EA/2027261, EA/2027261, EA/2027261, EA

\$3
value



DEALS DEALS DEALS FOR DAYS EVENT



SAVE 44%
2.49

BLACK DIAMOND SLICES
PROCESSED CHEESE PRODUCT
selected varieties
410 g
21322584 EA



SAVE 27%
3.99

BECEL 427 g or
PLANT BASED BRICKS 454 g or
IMPERIAL 437 g **MARGARINE**
selected varieties
30322707001 EA/21279365 EA/21593578 EA/21533551 EA



TROPICANA
ORANGE JUICE or
BEVERAGES or
OASIS
SMOOTHIES or
BEVERAGES
selected varieties
1.36-1.75 L
21421950 EA/21422130 EA

ONLY
3.99



2.99



.99

NO NAME® TUNA
selected varieties
85/170 g
20097482501 EA/20021647 EA



1,000
3.99

KELLOGG'S
ALL BRAN 450/525 g,
RAISIN BRAN 425-451 g,
VECTOR 306/400 g,
SPECIAL K 320-435 g or
MINI-WHEATS 405-510 g
CEREAL
selected varieties
20013041 EA/20424355 EA



6.99

HIGH LINER
FAMILY FAVOURITES
FISH or **SHRIMP**
selected varieties, frozen
330-700 g
2000724401 EA/2007229901 EA



1.88

PRIMO SAUCE
selected varieties
680 mL
20142340 EA



3.49

MARIO'S
CORNEE BEEF
or
COOKED HAM
340 g
21279614 EA



1.25

KD ORIGINAL
200 g
21349514 EA



2.99

EAGLE BRAND
SWEETENED CONDENSED MILK
selected varieties
200 mL
21072618 EA



\$3

MUTTI TOMATOES
796 mL
21294514 EA



1.69

COCA-COLA or
PEPSI SOFT DRINKS
selected varieties
2 L
2029474002 EA
20214024002 EA



11.99

COCA-COLA or **PEPSI**
SOFT DRINKS
selected varieties
24x355 mL
2020447903 EA/2020447901 EA



3.99

TOSTITOS
TORTILLA CHIPS
selected varieties
205-292 g
21294514 EA

Quantities and/or selection (flavour, colour, patterns, style) of items may be limited and not be available in all stores. No rainchecks or substitutions on clearance items or when quantities are advertised as limited. We reserve the right to limit purchase quantities per customer to reasonable family requirements. See in-store for details. We are not obligated to sell items based on errors or misprints in typography or photography. All savings claims (i.e. "Save", "Was", "1/2 Price", etc.) are in comparison to our own regular prices. Regular pricing and savings on items shown may vary by store location. Applicable taxes, fees, deposits, recycling or environmental surcharges are extra. Coupons must be presented and redeemed at time of purchase. *PC Optimum™: Scan your PC Optimum™ app or swipe your card to get Members Pricing or points. See in-store for details.

OCTOBER

**HIT
OF THE
MONTH**



**Jolly Ranchers or Twizzlers 170-198g,
or Dare Real Fruit candy 180g**

selected varieties
20078139_EA/21391610_EA



**No Name flour,
selected varieties, 2.5kg**
20013256_EA



**Swanson Meat Pies,
selected varieties, 200g**

20320525001_EA/20320525002_EA



**Dom Smoked Steelhead Salmon,
50g, Frozen**

20792840_EA

**LOWEST PRICES
BEST DEALS**

As compared to other major grocery retailers within your local trade areas. *Must be a registered PC Optimum™ member to get this offer. Valid from October 1st - 31st, 2024.

DEALS DEALS DEALS FOR DAYS EVENT

BEATRICE 946 mL/1 L or
DAIRYLAND 946 mL
CHOCOLATE MILK
brand varies by region
20199732, EA/20943108, EA

SAVE UP TO 44%

1.99



CHAPMAN'S
MARKDALE 2 L or
SUPER PREMIUM
PLUS ICE CREAM
500 mL
selected varieties, frozen
2011523601, EA/21511200, EA

SAVE 20%

3.99



DANONE ACTIVIA 8's or
TWO GOOD TUBS
YOGURT
selected varieties
2022530402, EA/21477312, EA

ONLY
3.99



2.99

PC[®] OATMEAL
selected varieties
264-344 g
21305117, EA/21505150, EA



3.49

GREEN GIANT
VEGETABLES, FROZEN
400-750 g
21022370, EA/21022302, EA



13.99

PC[®] ROAST AND
GROUND COFFEE
800-930 g or PODS 30's
selected varieties
21038677, EA/21590427, EA



3.49

PEARL MILLING
COMPANY
PANCAKE MIX 905 g or
SYRUP 710 mL
selected varieties
21284573, EA/21291419, EA



3.79

LINDT EXCELLENCE
CHOCOLATE TABLET
selected varieties
80/100 g
2021527501, EA/2021527505, EA



4.99

JACK LINK'S
JERKY
selected varieties
65-81 g
20201962002, EA/20201963004, EA



2.25

CADBURY
CHOCOLATE
TABLET 80-100 g or
MAYNARD'S
CANDY 150/154 g
selected varieties
2022179901, EA/21240254, EA



4.49

ZIPLOC
STORAGE BAGS
selected varieties
10-90's
20071413, EA/20071440, EA



5.99

NO NAME[®]
NAPKINS
500's
2020071, EA



8.99

NO NAME[®]
CAT LITTER
selected varieties
18 kg
2017718901, EA



4.49

IRISH SPRING
BODY WASH
393 mL or
BAR SOAP
4x104 g or
SOFTSOAP
BODY WASH
393 mL
selected varieties
21219275, EA/21248477, EA



4.79

SENSODYNE
or
PROHAMEL
TOOTHPASTE
75/100 mL
or POLIGRIP 40 g
selected varieties
2020179901, EA/20234073, EA



8.99

PALMOLIVE
LIQUID DISH
DETERGENT
selected varieties
4.37 L
21218489, EA



10.99

TIDE LIQUID 1.86 L or
PODS 21/22/18's
LAUNDRY
DETERGENT,
DOWNY FABRIC
SOFTENER 1.89-2.63 L,
GAIN SCENT
BOOSTERS 274 g,
BOUNCE DRYER
SHEETS 120/200's
selected varieties
20200275, EA/21248994, EA

APP EXCLUSIVE OFFER*

Optimum
6,000

\$6
Value

when you spend \$20* or more on Coca-Cola soft drinks

all sizes and varieties
Offer inclusive of select brands across Coca-Cola including
Coke, Monster, Nestea, Powerade, Body Armor, Canada Dry,
Aha, Fruitopia, Smart Water, Glaceau

202318494002, C12/2013046002, C12/20932439, EA



DEALS DEALS DEALS FOR DAYS EVENT

PC® FROZEN FRUIT
selected varieties, frozen
300-600 g
20312227 EA/2127841 EA

**ONLY
3.99**



**ALWAYS
\$4**



**ONLY
5.99**

PC® SINGLE SERVE ENTRÉES
selected varieties, frozen
212-365 g
20219738 EA/20312253001 EA

**YOPLAIT SOURCE or CREAMY,
IOGO CREAMY or 0% YOGURT**
selected varieties
16's
2031737001 EA/20606778001 EA

**HAMBURGER
HELPER**
selected varieties
158-220 g
21391018 EA

2.29



3.49



**QUAKER
INSTANT OATMEAL**
selected varieties
232-344 g
21190254 EA/21190260 EA

6.99



**TWINING'S TEA or
STARBUCKS
NESPRESSO
CAPSULES**
selected varieties
10's
20004148001 EA/211111078 EA

**BEN'S ORIGINAL
BISTRO EXPRESS**
selected varieties
240/250 g
21455127 EA

2.99



2.79



PC® SALAD DRESSING
selected varieties
475 mL
2062848001 EA/2062848006 EA

3.49



**MADE GOOD
GRANOLA BARS,
COOKIES, MINI'S,
CRISPY SQUARES
or CRUNCHY BITES**
selected varieties
110-150 g
21107821 EA/21352121 EA

7.29



**STOK or
STARBUCKS
ICED COFFEE**
1.38/1.42 L
selected varieties
20312527 EA/21383709 EA

3.29



**OASIS JUICE,
ARIZONA ICED
TEA DRINK
BOXES or
ALLEN'S
CRANBERRY
COCKTAIL**
selected varieties
2031274801 EA/21292814 EA

1.29



**TITAN FOIL or
WAX PAPER**
25's
20000140 EA/21488422 EA

6.49



**NO NAME®
CRANBERRIES,
RAISINS or
WHOLE PITTED
DATES**
selected varieties
750 g/1 kg
20472121 EA

3.99



**LYSOL MULTI
SURFACE
CLEANER
SPRAYS**
1.2 L or
450/450 mL
selected varieties
20007982 EA/2031947701 EA

4.49



**WINDEX GLASS
CLEANER,
SCRUBBING
BUBBLES,
FANTASTIK
or
FAMILY GUARD**
763 mL,
450 mL or
946 mL/450 g
selected varieties
2031222801 EA/2031222802 EA

7.99



**CHARMIN
BATHROOM
TISSUE or
BOUNTY PAPER
TOWEL**
4-ply ROLLS
selected varieties
21212828 EA/21249762 EA

19.99



**CASCADE
DISHWASHER
TABS**
selected varieties
33-110's
21214840 EA/21214874 EA

BETTER AS A MEMBER

* Scan your PC Optimum™ app or swipe your card to get PC Optimum™ Members pricing or points. See back page for details.

Earn*
2,500^{pts}

for every \$10* spent on French's ketchup, French's mustard or specialty mustards, Frank's Red Hot or Thick Sauce

selected varieties
325 mL-1 L
20312227 EA/20312228 EA

\$2.50
value

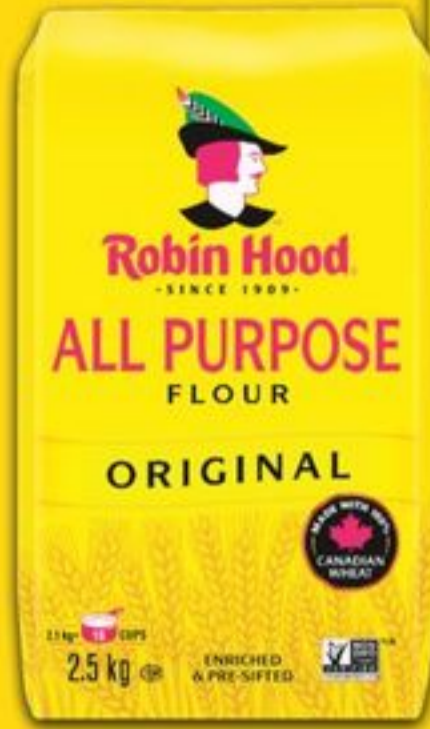


BAKE FOR LESS



279

ROGERS SUGAR
selected varieties
1 kg
2015812 EA/20149294 EA



499

ROBIN HOOD FLOUR
selected varieties
2.5 kg
2002447001 EA/2002447003 EA



349

LACTANTIA or DAIRYLAND CREAMS
10% 1 L/946 mL or 33/35% 473 mL
20072927 EA/21443531 EA



399

HERSHEY'S CHIPITS
selected varieties
200-270 g
21432844 EA/21432934 EA



399

Non-members
449

PHILADELPHIA CREAM CHEESE PRODUCT
selected varieties
227/250 g
20441247 EA

E. D. SMITH PIE FILLING
selected varieties
540/796 mL
20022361 EA/20247732001 EA

449

Non-members
499



189

BETTY CROCKER SUPER MOIST CAKE MIX 375/404 g or **FROSTING** 340/450 g
selected varieties
20542647004 EA/211547134 EA



399

COOL WHIP DESSERT TOPPING
selected varieties, Frozen
1 L
20030349001 EA



349

FLEISCHMANN'S CORNSTARCH 454 g or **BAKING POWDER** 340 g
20004492 EA/20404832 EA



ORGANIC
350

PC® ORGANICS APPLE SAUCE CUPS 6x100 g
SQUEEZABLE FRUIT SNACKS 360 g or **JUMBO RAISIN SNACK PACK** 196 g
selected varieties
20330493001 EA/21170526 EA



499

NO NAME® CANOLA or VEGETABLE OIL
selected varieties
946 mL
20748440 EA

MULTI BUY? TRY SINGLE BUY.



YOPLAIT YOP DRINKABLE YOGURT
selected varieties
200 mL
21478178 SA/21478300 SA

**ONE FOR
\$1**



GENERAL MILLS CHEERIOS VEGGIE BLENDS, CHEX, LOADED BITES, OATMEAL CRISP AND NATURE VALLEY GRANOLA CEREAL
selected varieties, 300-437 g
21232648 SA/21399148 SA

**ONE FOR
4⁴⁹**



**ONE FOR
3⁹⁹**

OLD EL PASO DINNER KITS
selected varieties
250-510 g
20793534 SA

CLASSICO SAUCE
selected varieties
410/600 mL
2018217 SA

**ONE FOR
3⁹⁹**



CLIF BAR
selected varieties
48 g
2012821 SA/2070304002 SA

**ONE FOR
2⁵⁰**



PEEK FREANS COOKIES
selected varieties
290-350 g
20662129 SA/20662081 SA

**ONE FOR
\$4**



**ONE FOR
.90**

**FANCY FEAST 85 g or FRISKIES 156 g
WET CAT FOOD**
selected varieties
2030296001 SA/2019657000 SA

MIO, CRYSTAL LIGHT or KOOL-AID DRINK MIXES
selected varieties
48 mL/24-56 g
20662423 SA/2024448001 SA

**ONE FOR
\$3**



THREE NEW WAYS WE'RE KEEPING BUDGETS HAPPY



If your produce isn't fresh, we'll replace AND refund it.



We'll honour a current flyer deal if we're sold out, plus give you 10% back in PC Optimum™ points.



Deals from the past on select items.

The  **NOFRILLS** thing to do.

GET FLYER TO YOUR EMAIL.

STRAIGHT TO YOUR EMAIL
Scan the QR code to sign up.

STRAIGHT TO YOUR PHONE
Text "OFFER" to 374557 (FRILLS)*



*Standard message and data rates may apply.

†Raincheck + PC Optimum Points: Applies to out of stock items advertised in the current weekly flyer ("Promotion Period"). Raincheck can be used towards purchase of the unavailable item (subject to reasonable customer/requirements) at the advertised flyer price plus 10% back in PC Optimum points when the item is back in stock or within 14 days of raincheck issue date. 10% back in PC Optimum points is calculated per item on the advertised flyer price. Raincheck requests must be made in-store during the unavailable item's Promotion Period. Raincheck must be redeemed in-store at the issuing store location. Raincheck + Pts does not apply to flyer items marked "while quantities last", gift cards, liquor, tobacco, seasonal and products which are provincially-regulated, or as we determine from time to time. Customers who are not PC Optimum program members will not be eligible to receive PC Optimum points. To become a member, visit www.pcoptimum.ca. We reserve the right to cancel or change the terms of this offer at any time without notice.

‡Throwback Prices: Program applies to one item weekly, as advertised in-store/online at nofrills.ca.

ONLINE NFW MKT